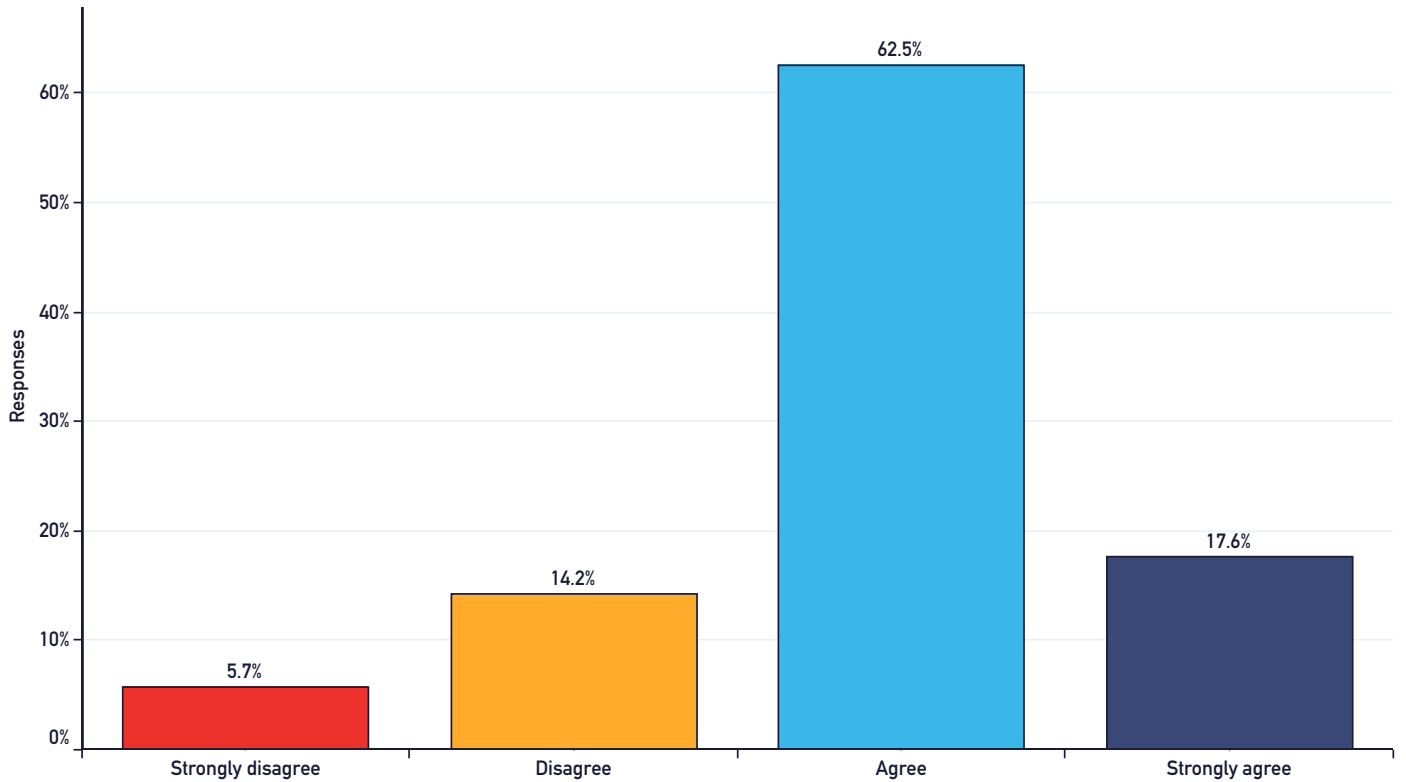


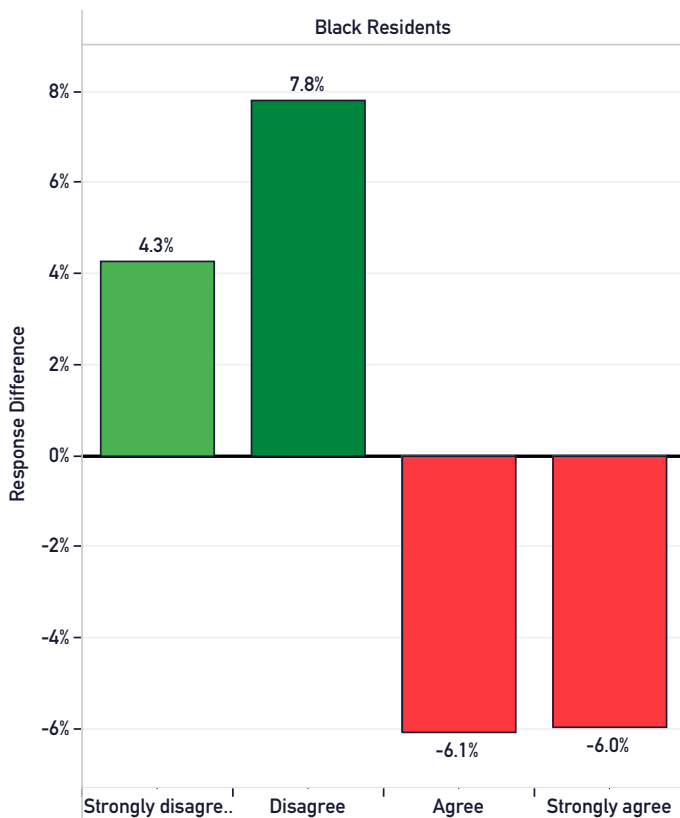
Optimism

I am optimistic about the future

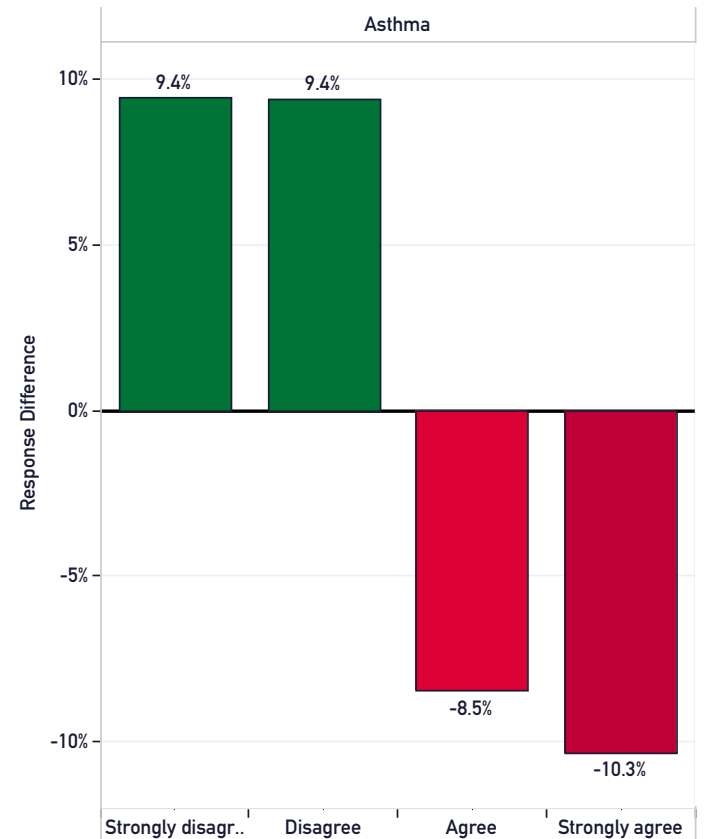


Percent Difference for Black Residents

(ex. Black residents disagree 7.8% more than other respondents)

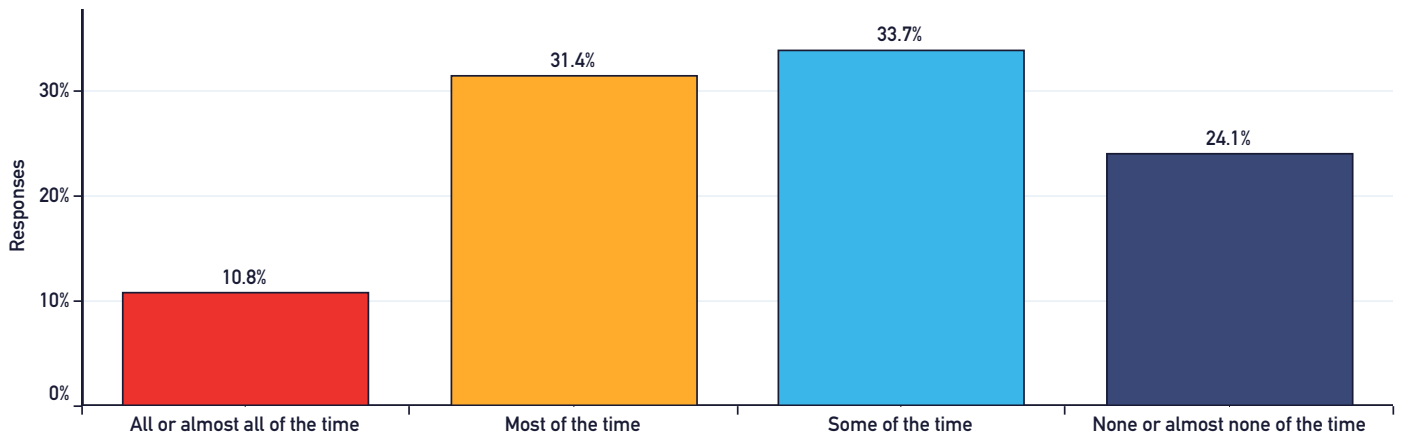


Percent Difference for People with Asthma

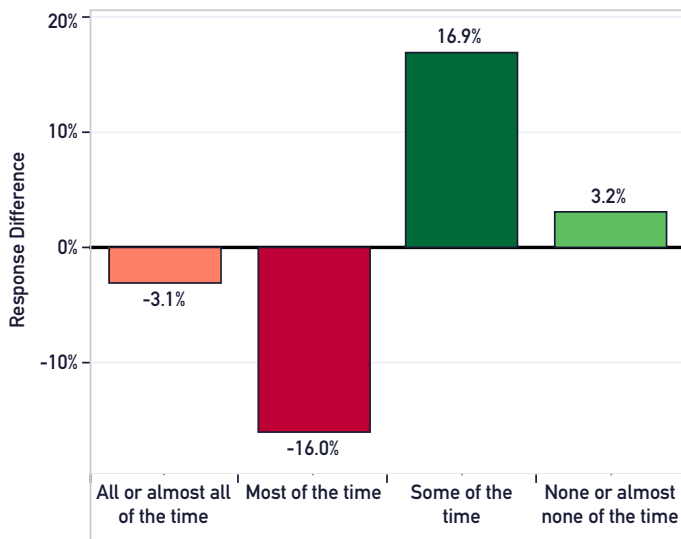


Loneliness

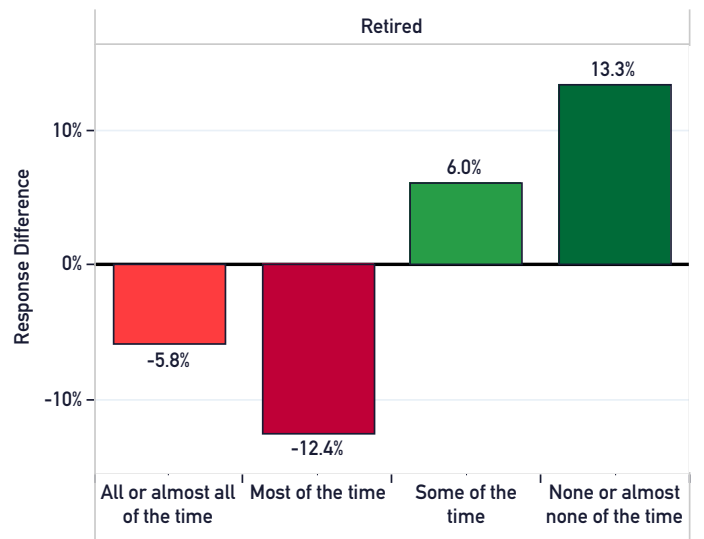
The amount of time in the past week I felt lonely



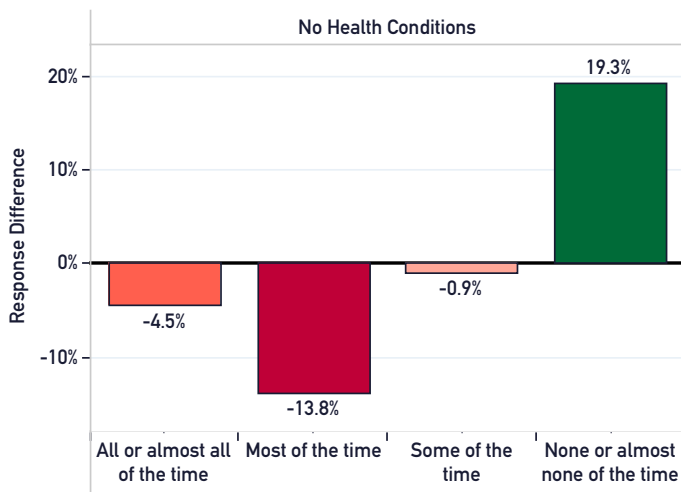
Percent Difference for Asian Residents



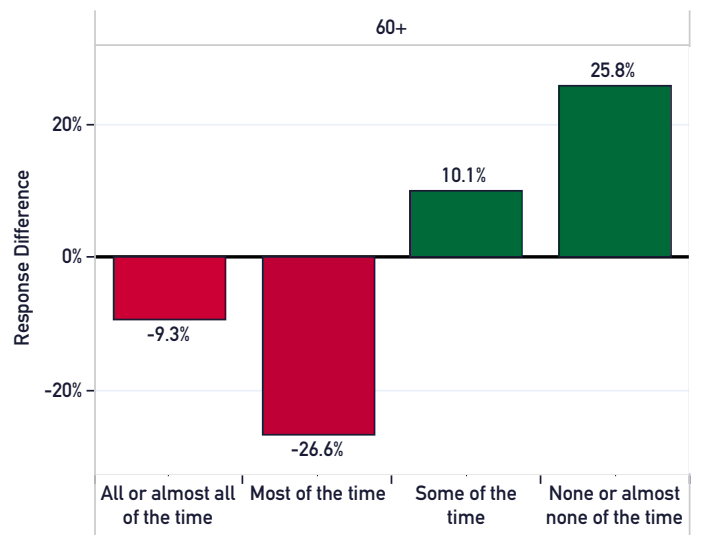
Percent Difference for Retirees



Percent Difference for those with No Reported Health Conditions

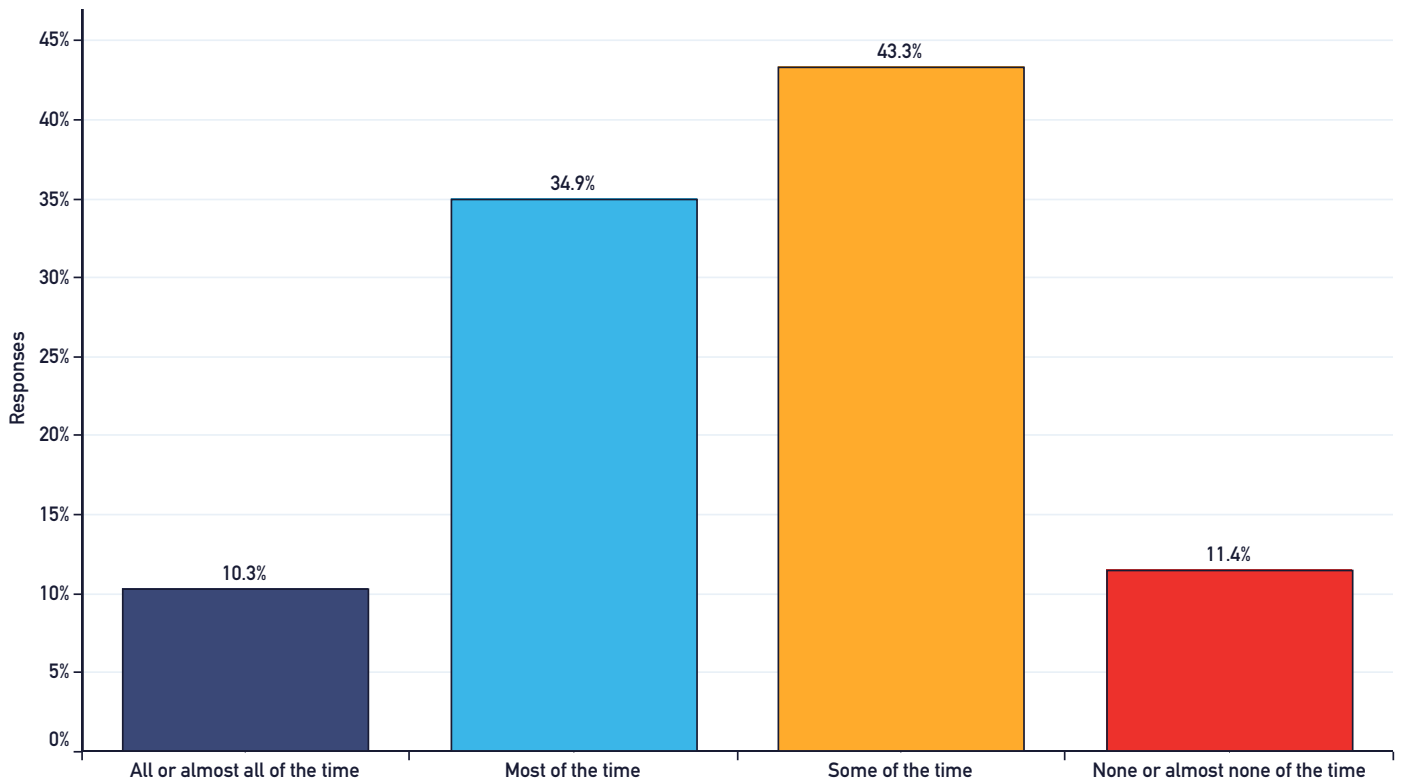


Percent Difference for 60+ age group

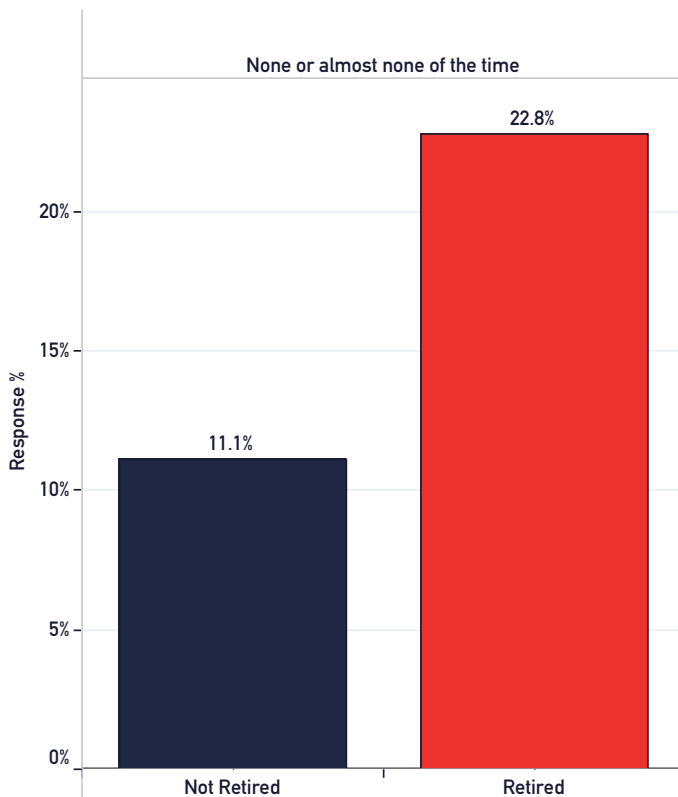


Stress

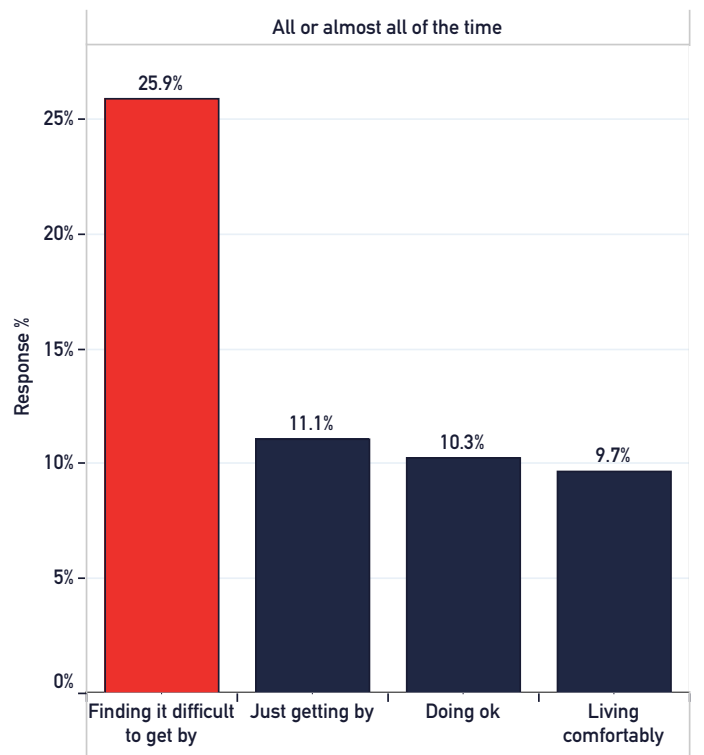
The amount of time in the past week I felt stressed



Retirees reported experiencing little to no stress much more than non-retirees

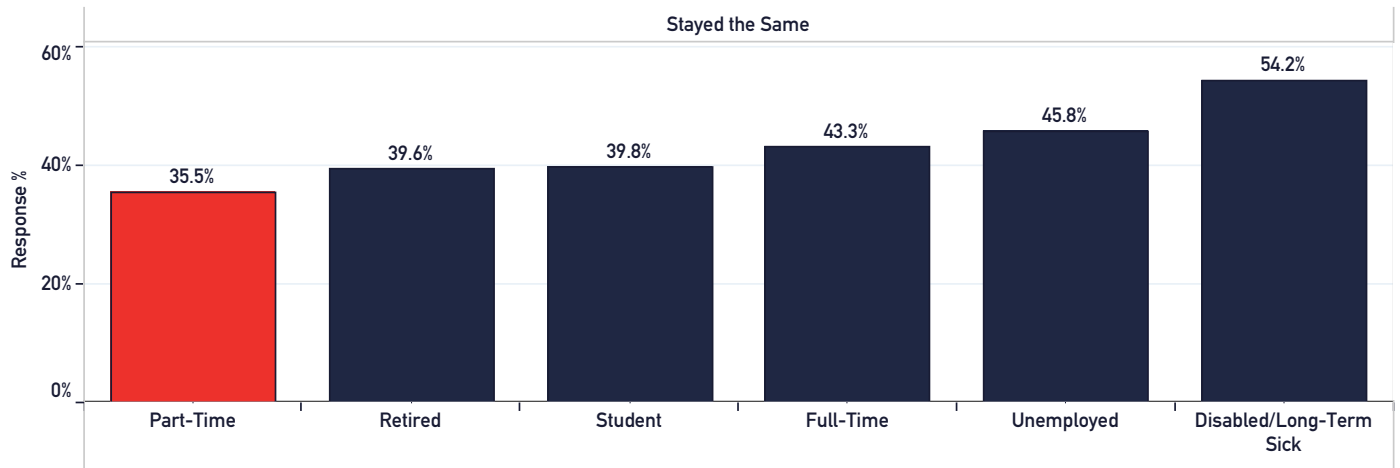


Those in tougher financial situations are experiencing much more stress than everyone else

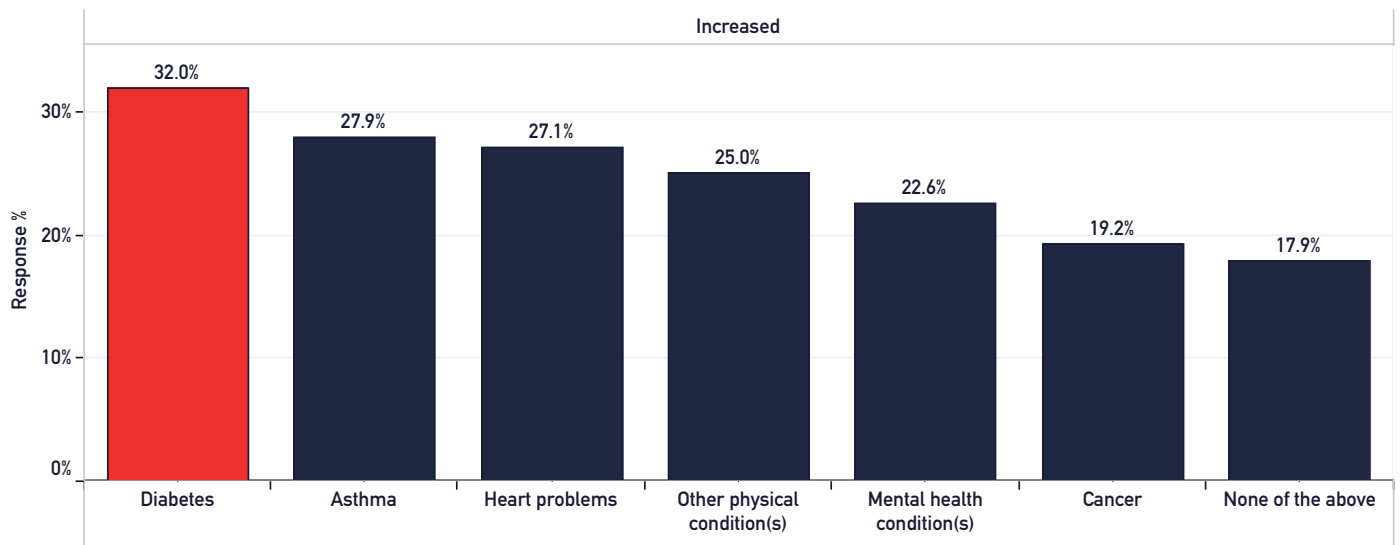


Mental Health Rankings

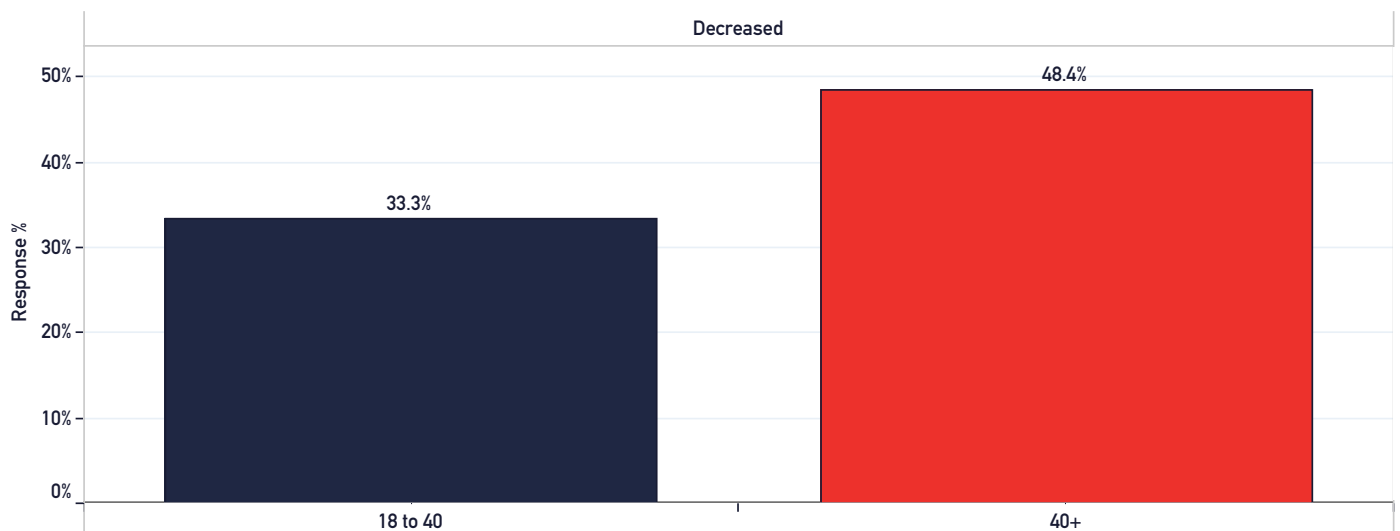
Part-Time Workers were the least likely to NOT experience changes in mental health



People with diabetes had the highest percent of increases in mental health

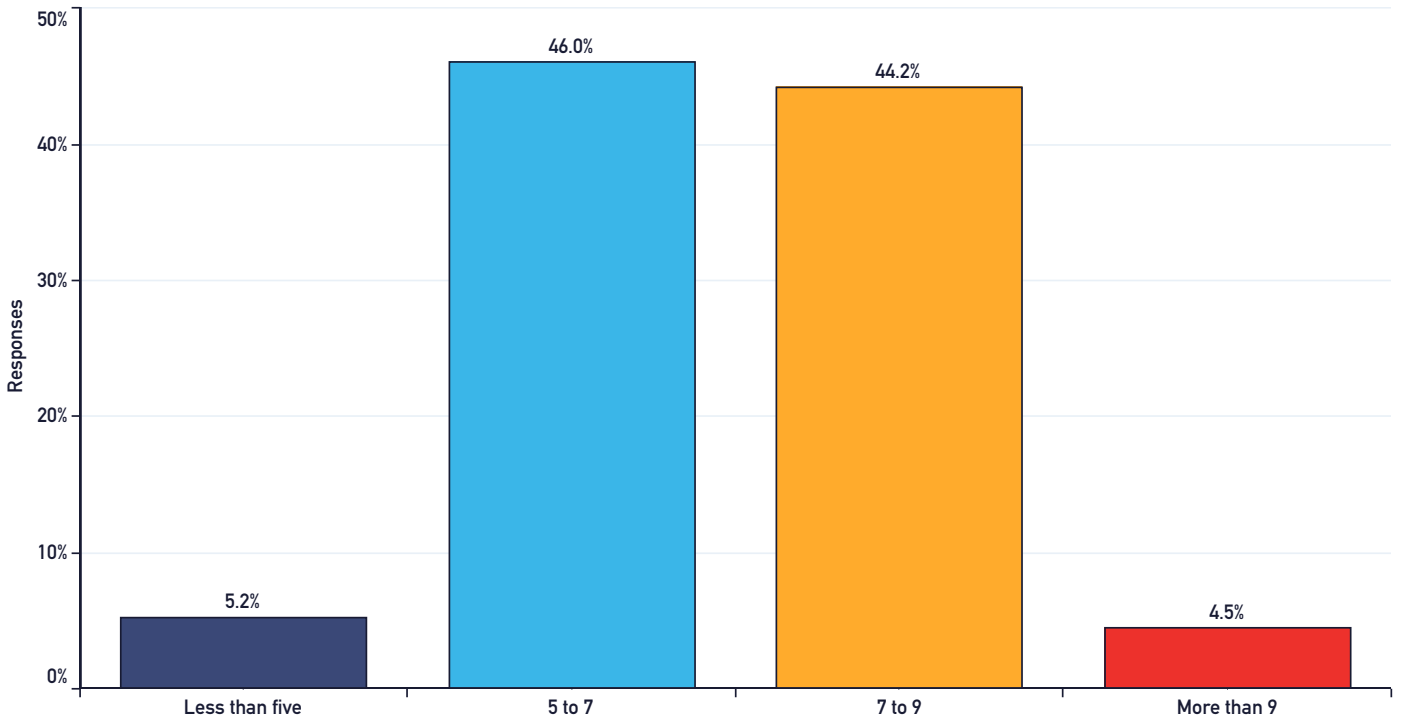


40+ Year Olds had the highest percent of decreases in mental health amongst all age groups

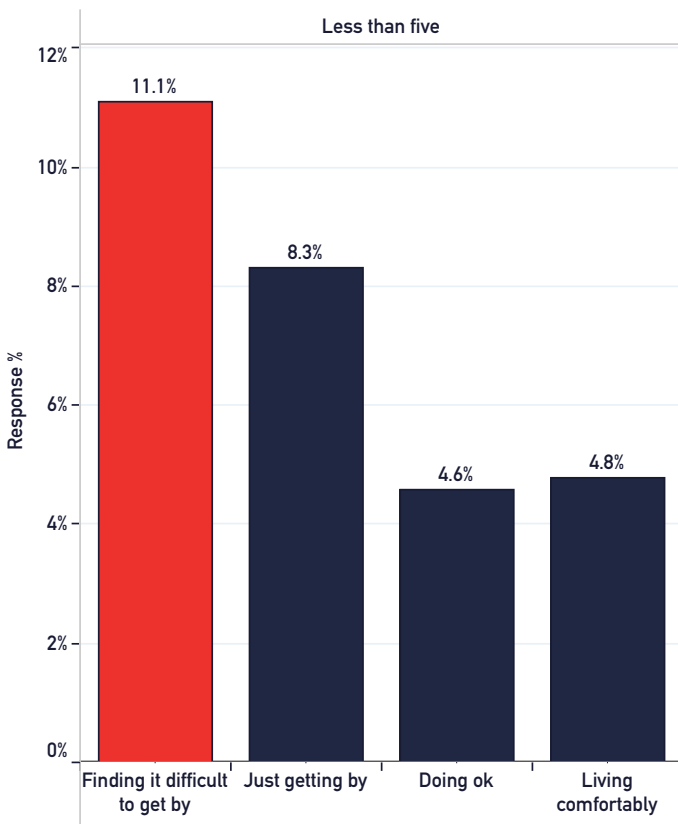


Sleep

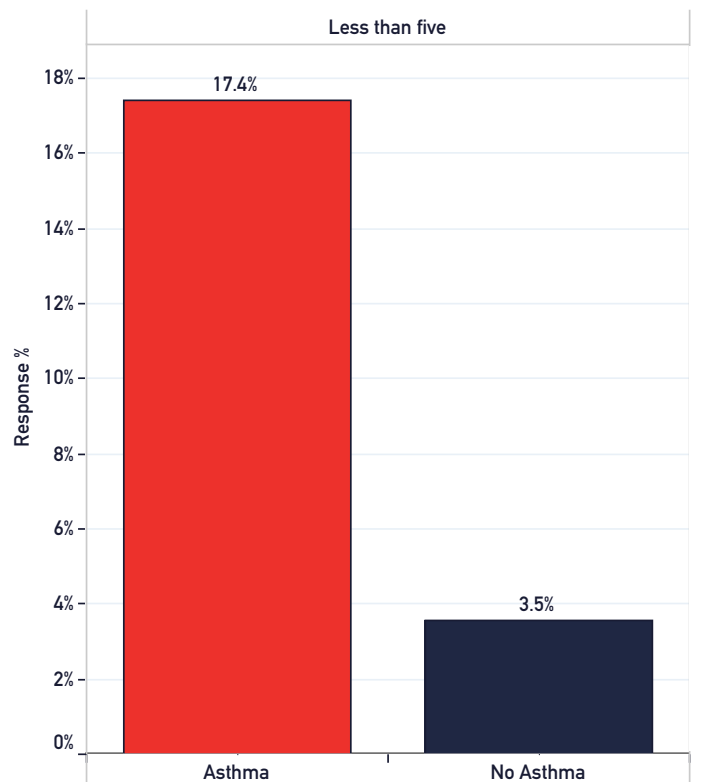
Average Hours of Sleep in a 24-Hour Period



Those who are the having the hardest time financially sleep the least

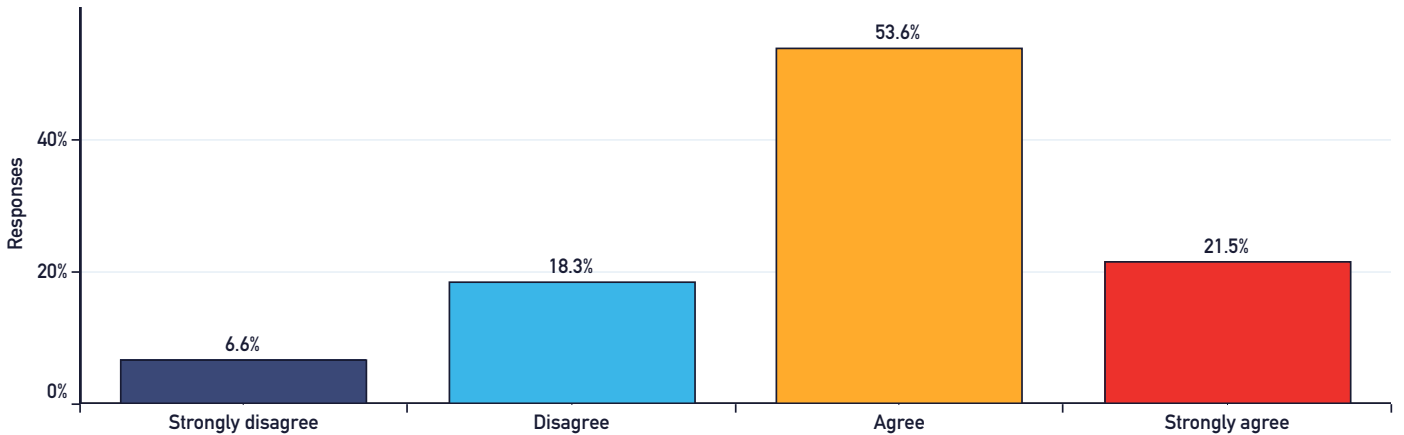


People with Asthma sleep dsiproportionately less than others with none or different health conditions

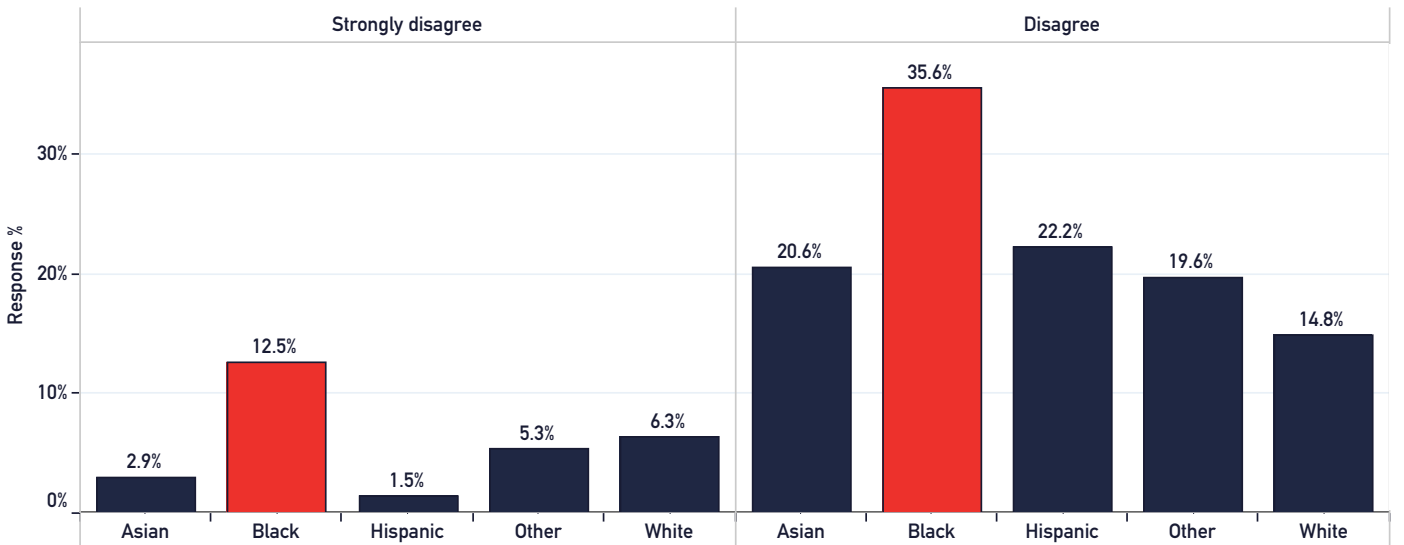


Trust in the Internet as a Reliable Source of Information

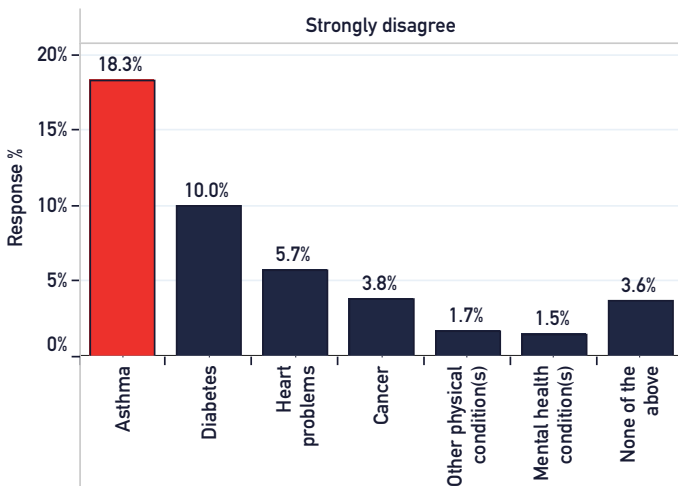
I can use the internet to find reliable information



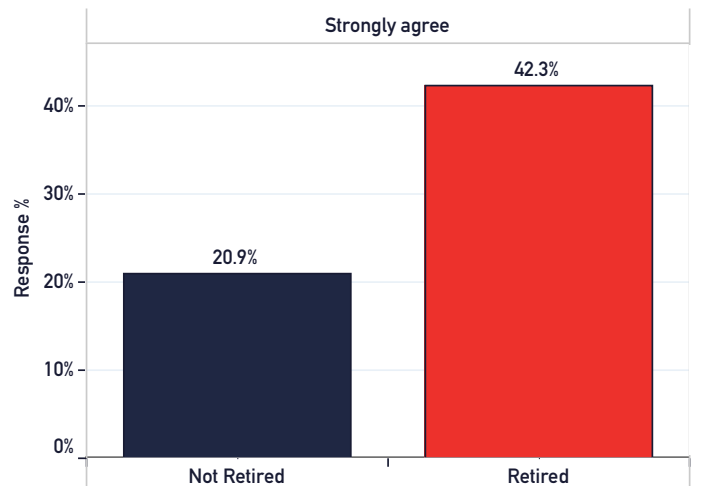
Black residents do not view the internet as a reliable source of information



Asthmatic residents do not view the internet as reliable

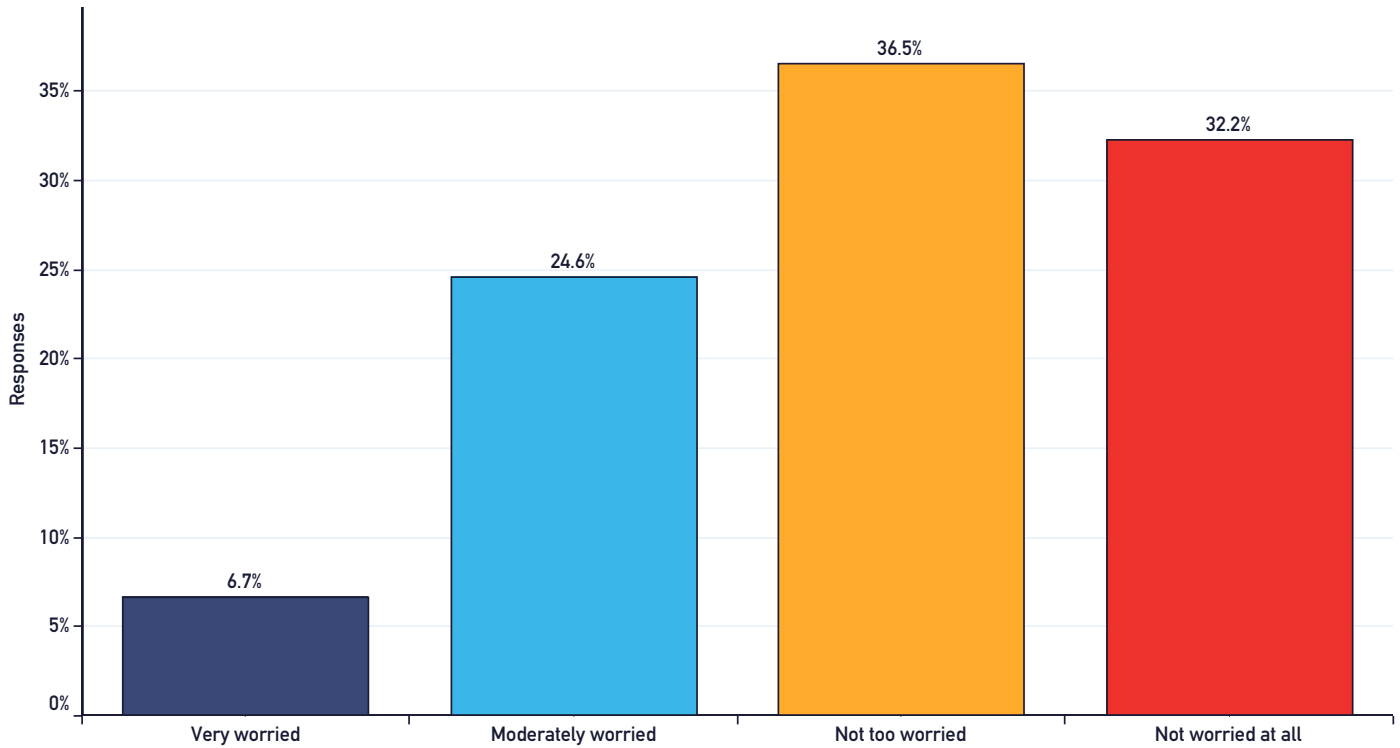


Retirees disproportionately agree that the internet is a reliable source of information



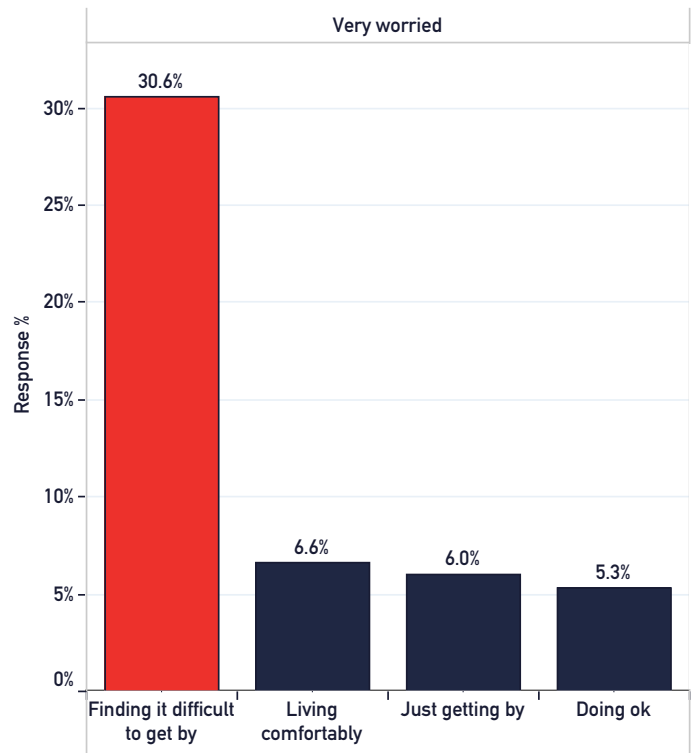
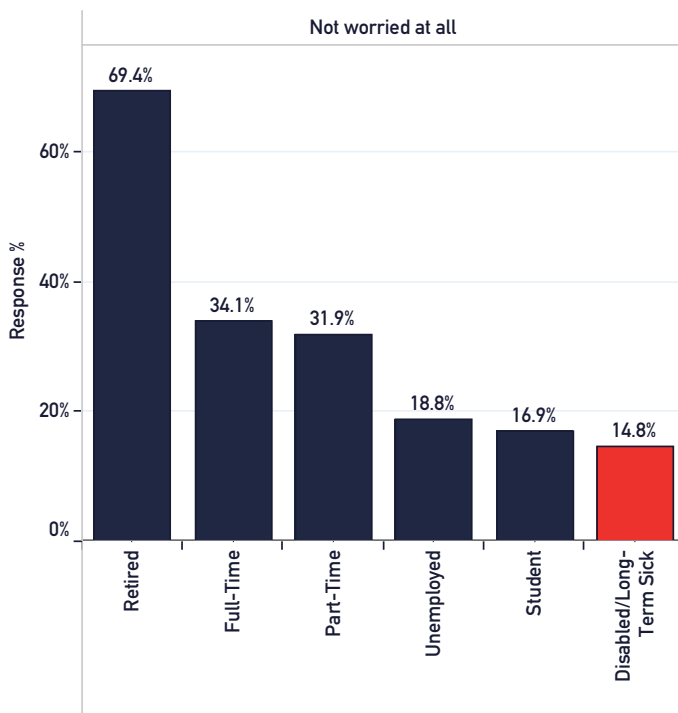
Mortgage and Rent Payments

Worried about not being able to pay your rent, mortgage or other housing costs?



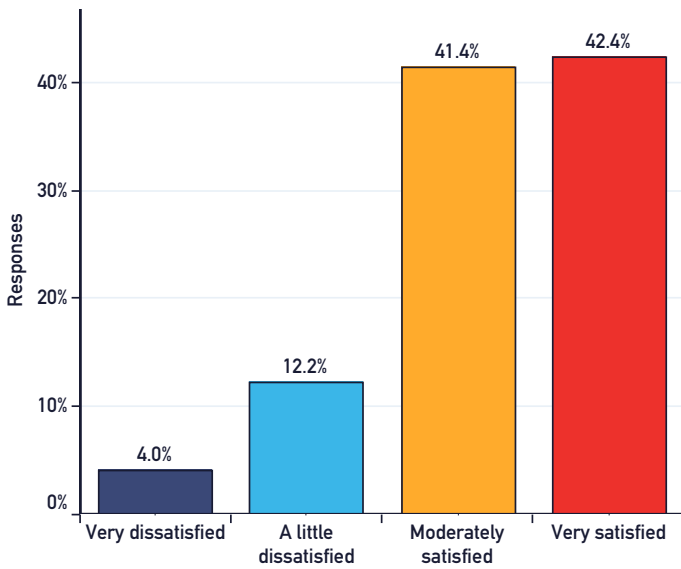
Those that are disabled and long-term sick are mostly worried about making payments, while retirees and both full-time and part-time workers are much less so.

Those finding it difficult to get by financially are the most worried about making mortgage/rent payments



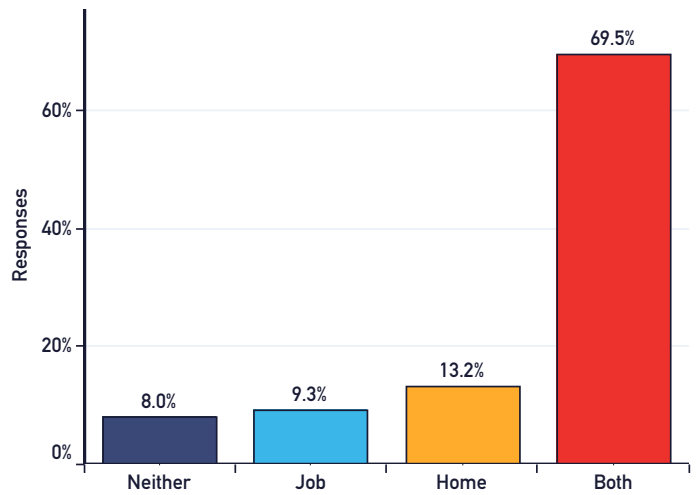
Job Satisfaction

Job Satisfaction

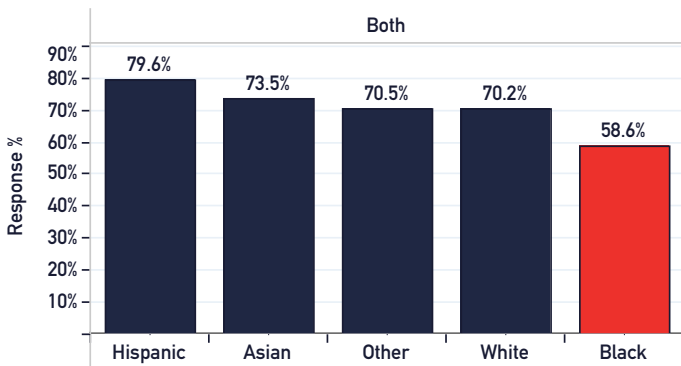


Job & Home Satisfaction

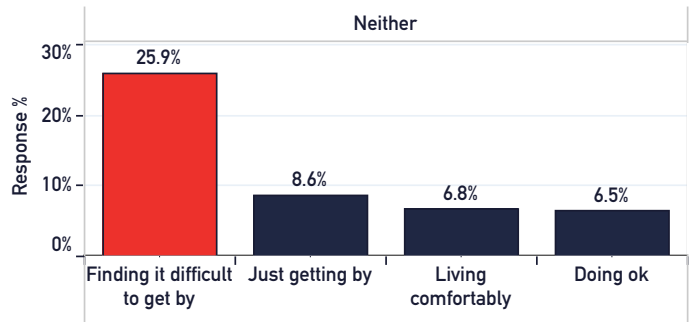
Satisfaction with both, only their job, only their home, or neither



Black residents are less likely to be satisfied with both their home and job

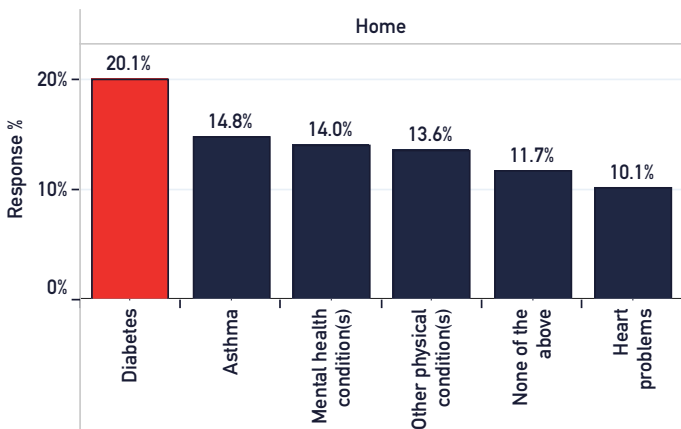


People who are struggling financially are dissatisfied with both their home and job to a much higher degree than others.



People with diabetes are more satisfied with just their home than people with none or other health conditions

**It should be noted that there is a connection between diabetes and black residents, see chart to the right.*



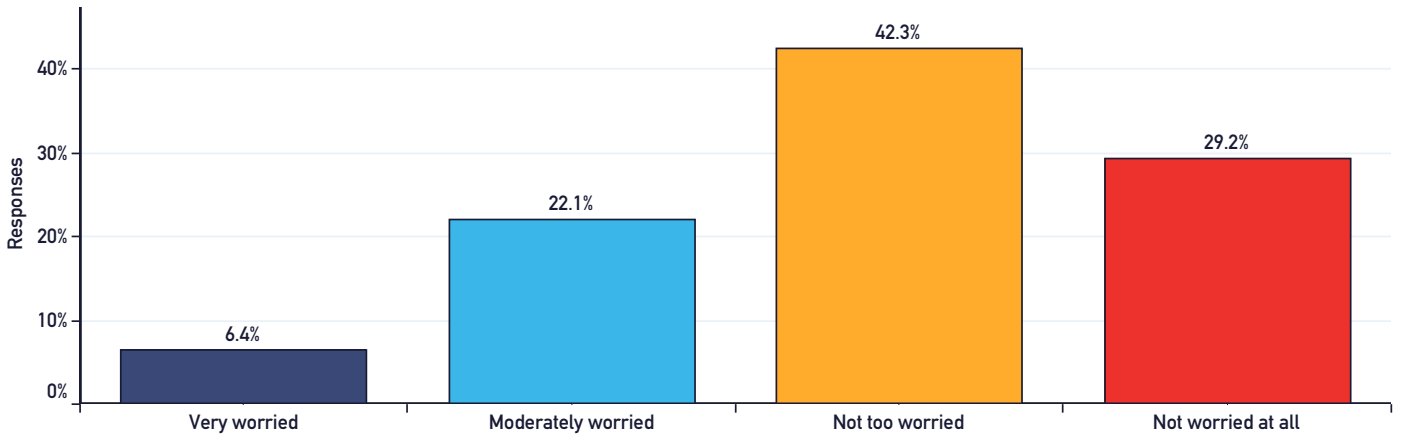
Race and Health Conditions

Percent of respondents by race with a particular health condition

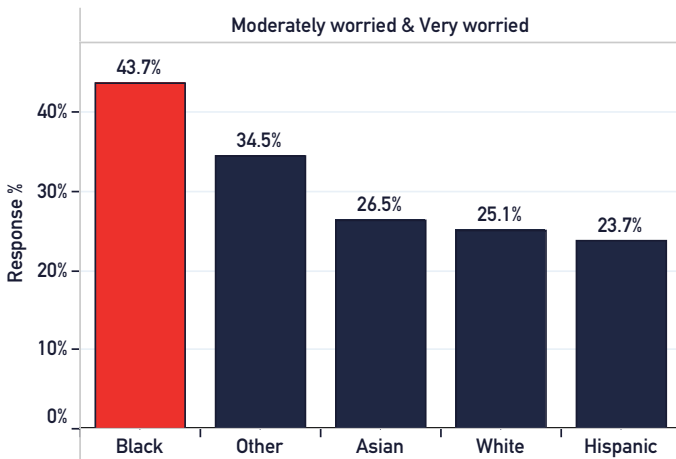
	Asian	Black	Hispanic	Other	White
Asthma	2.9%	16.8%	4.3%	4.3%	14.5%
Cancer		1.3%		0.9%	1.1%
Diabetes	5.7%	45.1%	18.7%	11.1%	10.5%
Heart problems	11.4%	11.8%	9.4%	6.4%	5.1%
Mental health condition(s)	2.9%	10.1%	7.2%	18.3%	6.6%
None of the above	65.7%	10.1%	52.5%	37.9%	53.3%
Other physical condition(s)	11.4%	4.7%	7.9%	21.3%	8.9%

Job Security

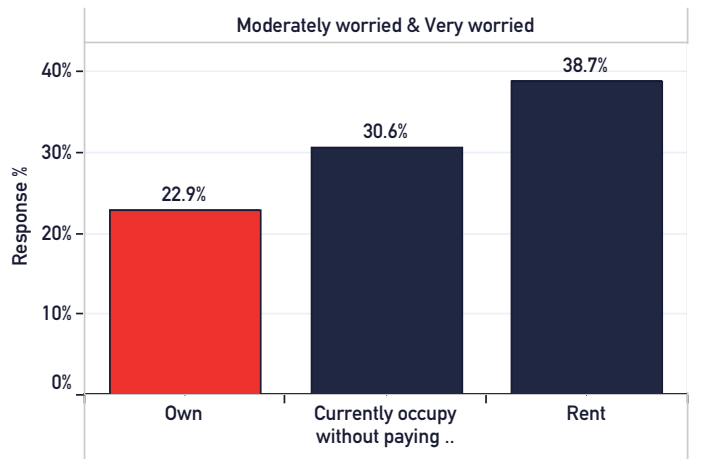
How worried are you that you might lose your job in the next six months?



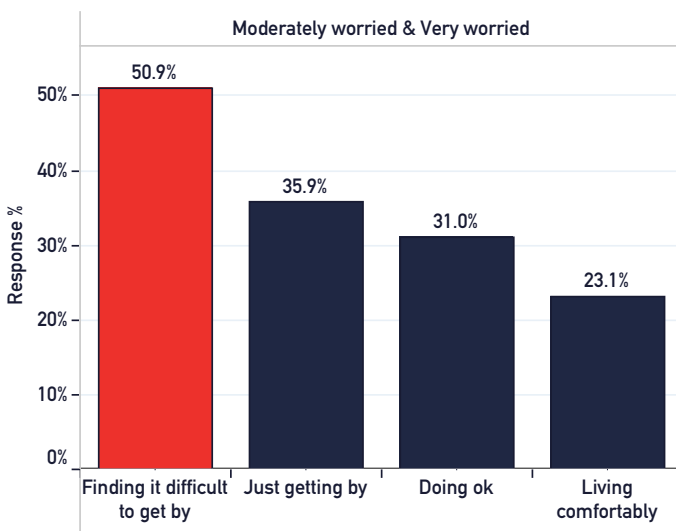
Black residents are much more worried about losing their job



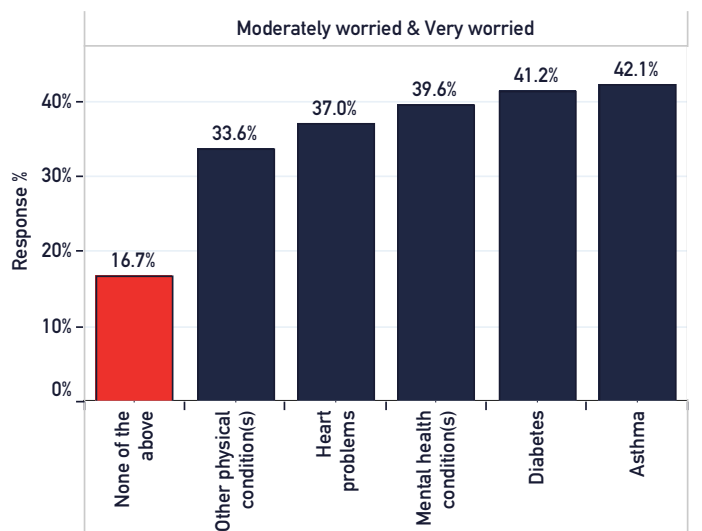
Home owners are less worried than renters about losing their job



Those struggling financially are much worried about losing their job

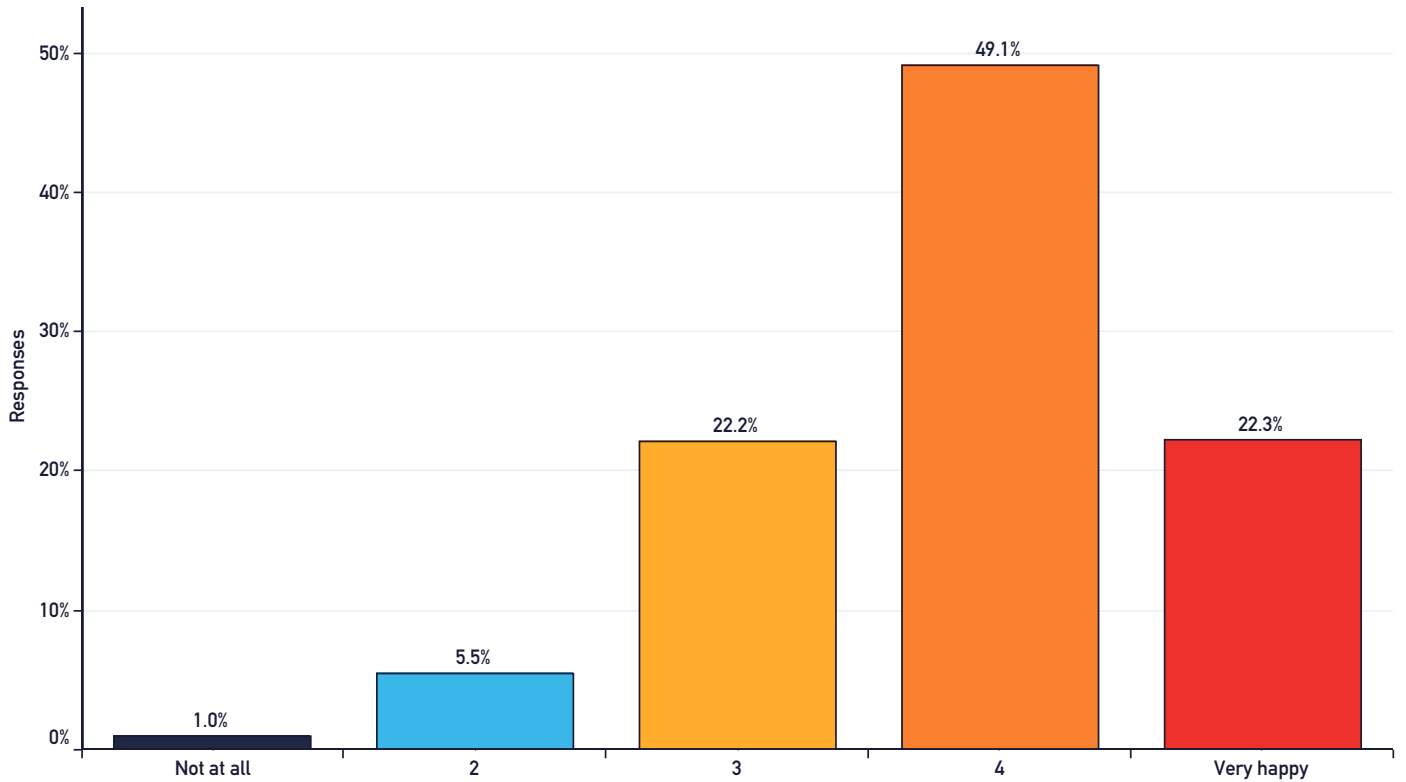


People without any reported health condition are much less worried about losing their job

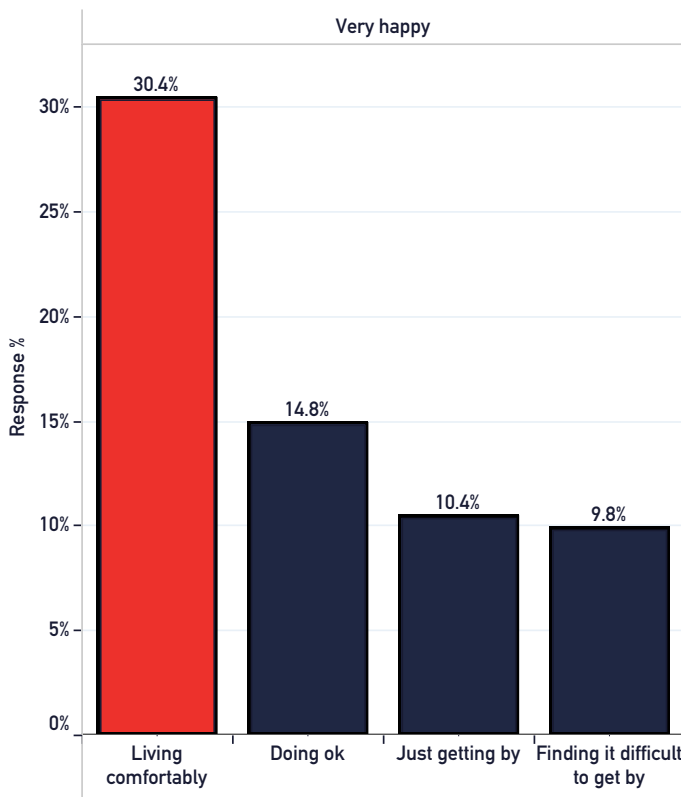


Happiness at Work

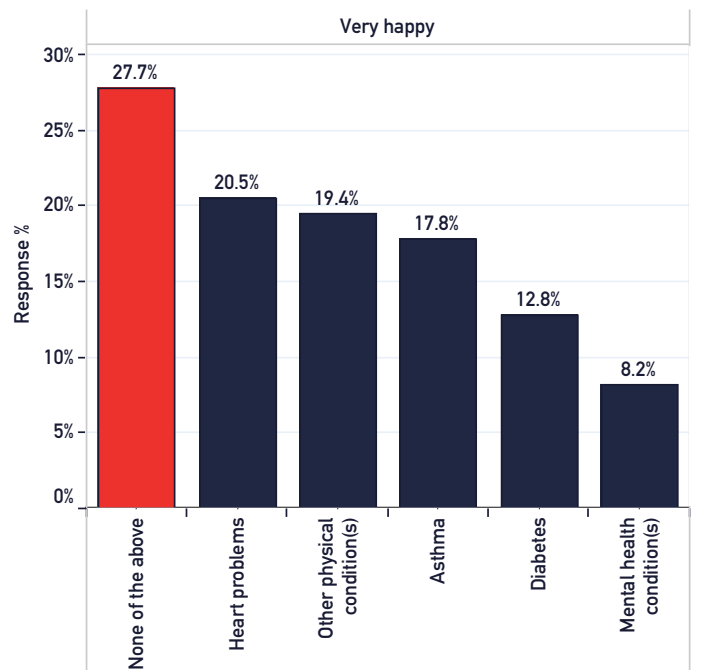
How happy are you at work?



One third of people living comfortably are very happy at work

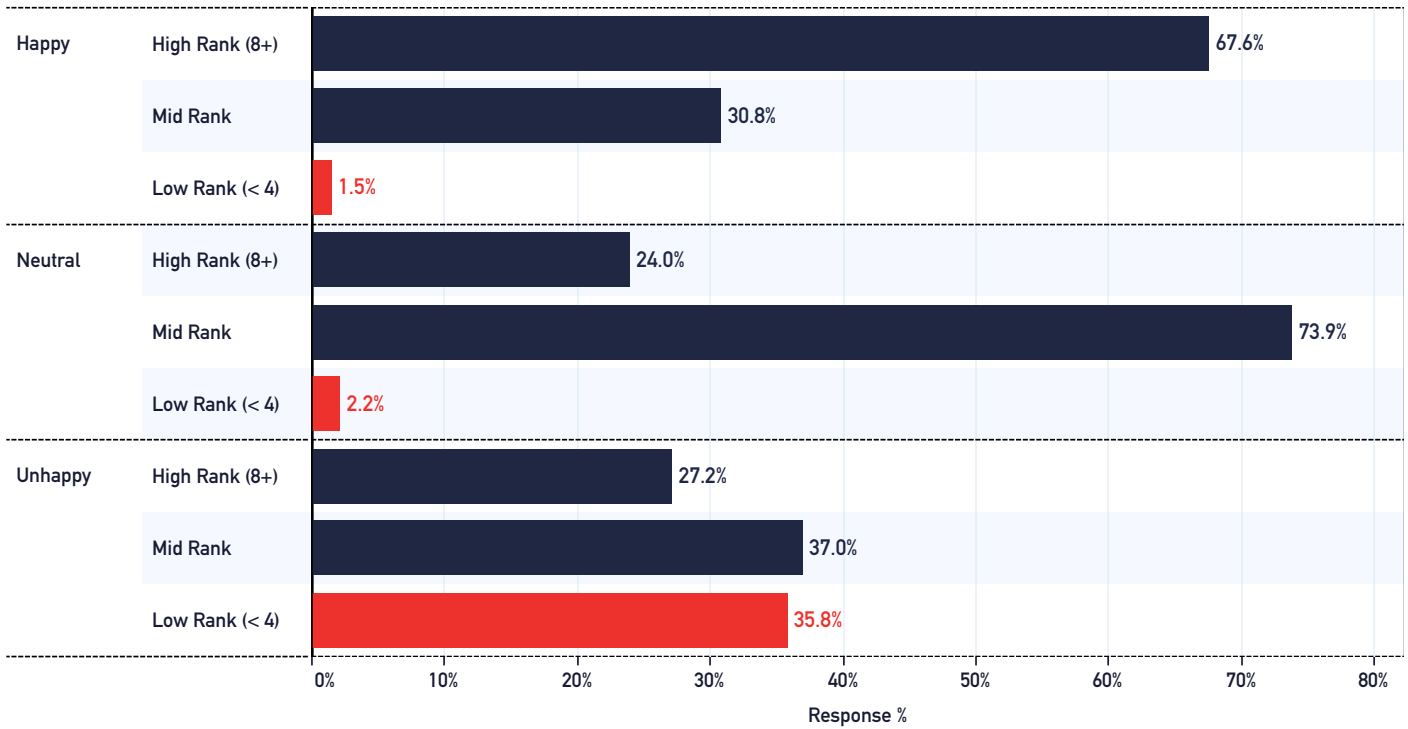


People without reported health conditions indicate being much more happy than people with health conditions. Mental health is on the reverse side of the spectrum.

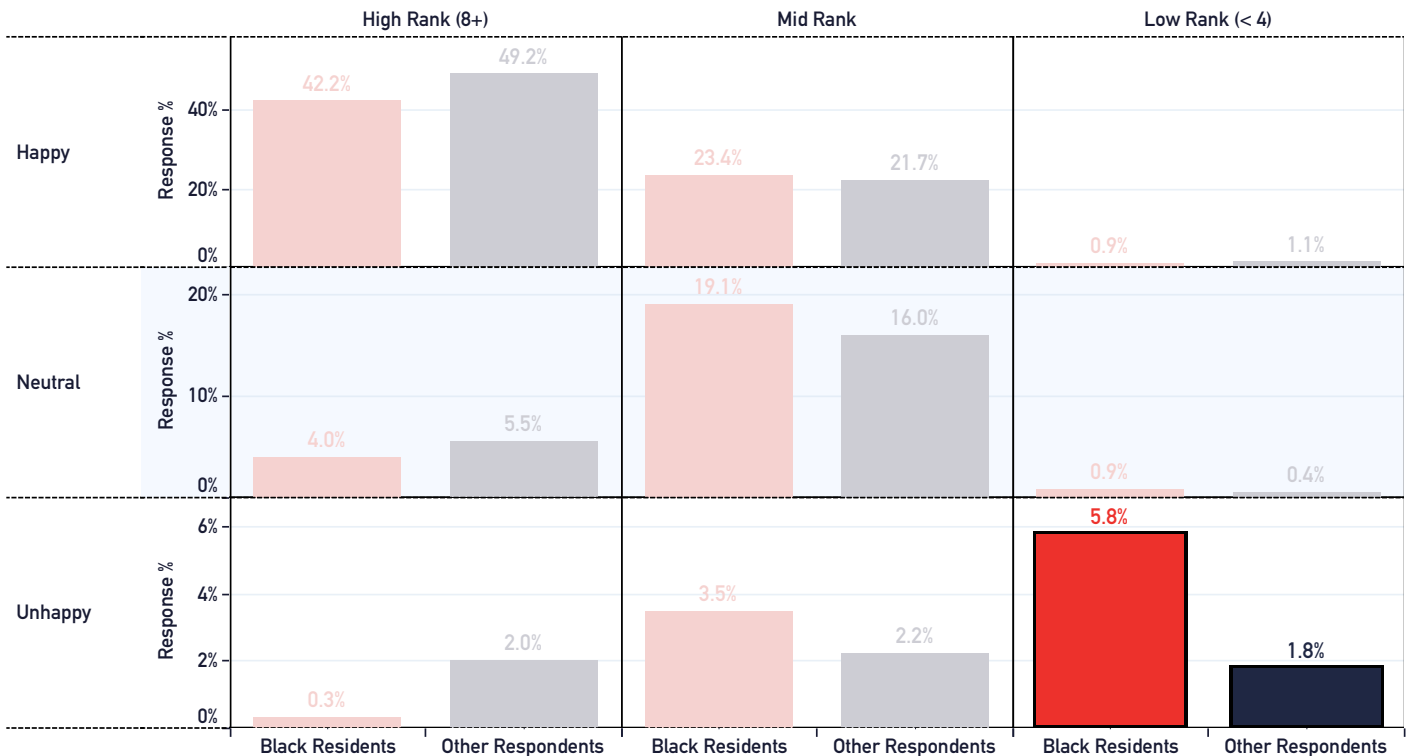


Happiness at Work and Mental Health

Happiness at Work & Pre-COVID Mental Health Rank Percentage of responses per work happiness category

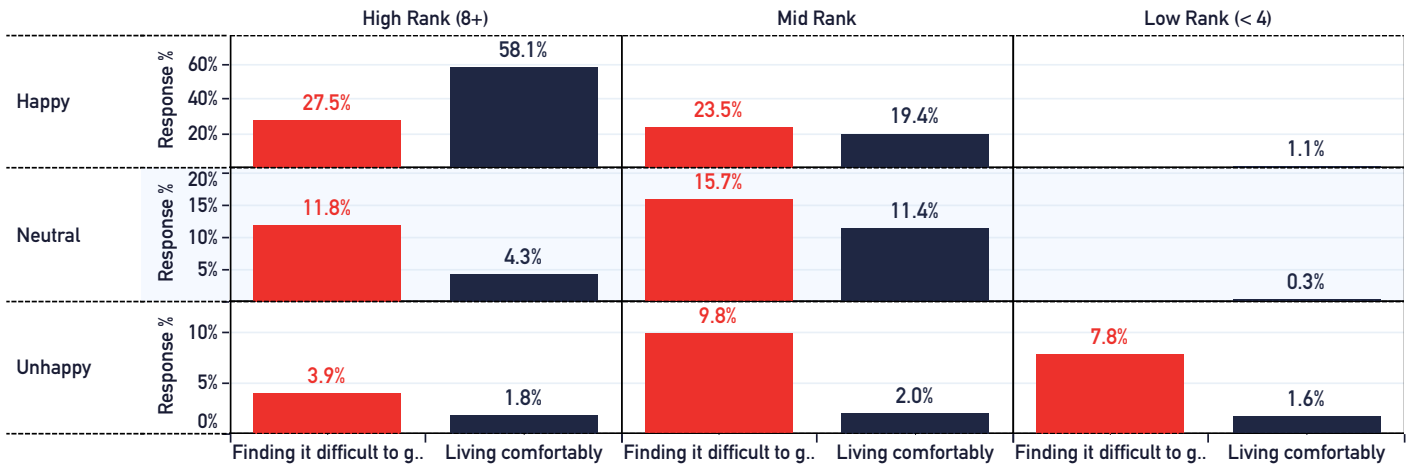


A disproportionate amount of black residents report feeling unhappy at work and ranking their mental health low before March 2020.

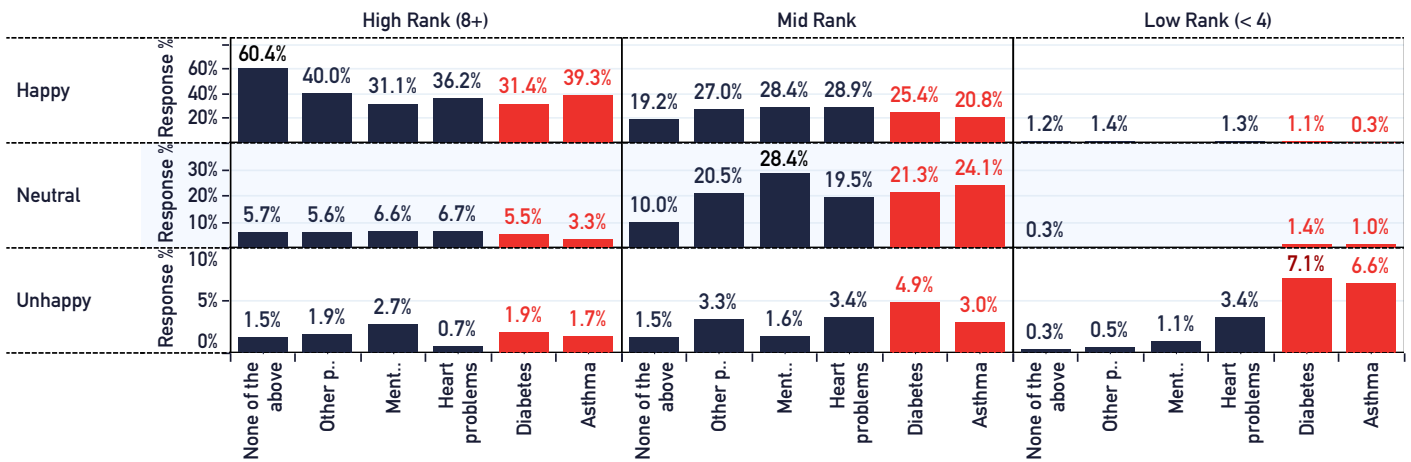


Happiness at Work and Mental Health

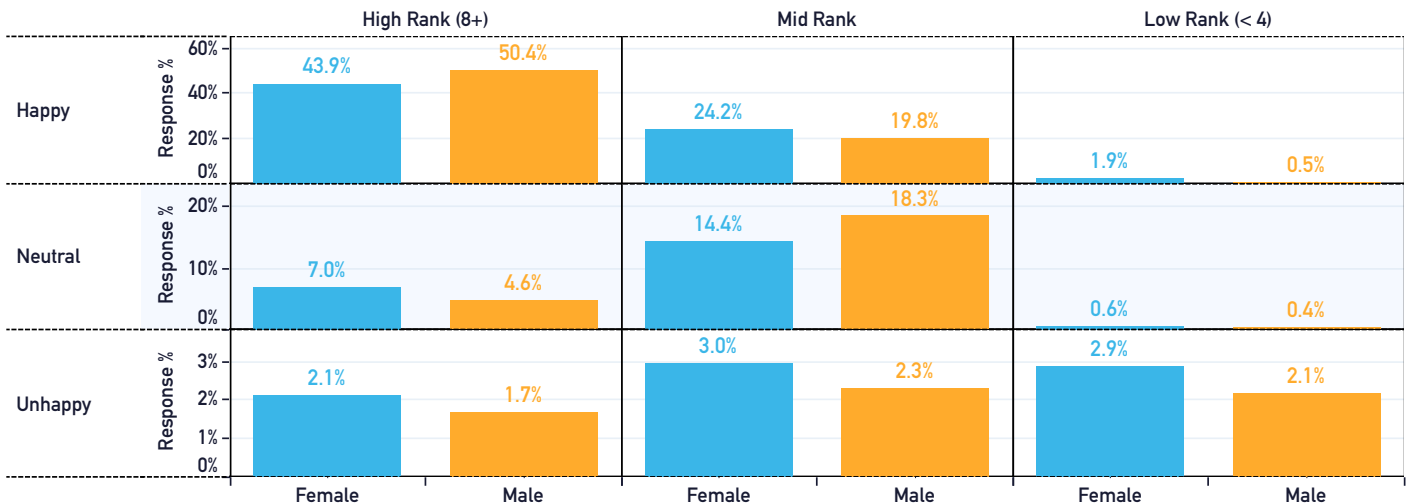
Breakdown of work happiness and pre-COVID mental health rank based on reported financial stability



Breakdown of work happiness and pre-COVID mental health rank based on reported health conditions. People with diabetes and asthma are highlighted.

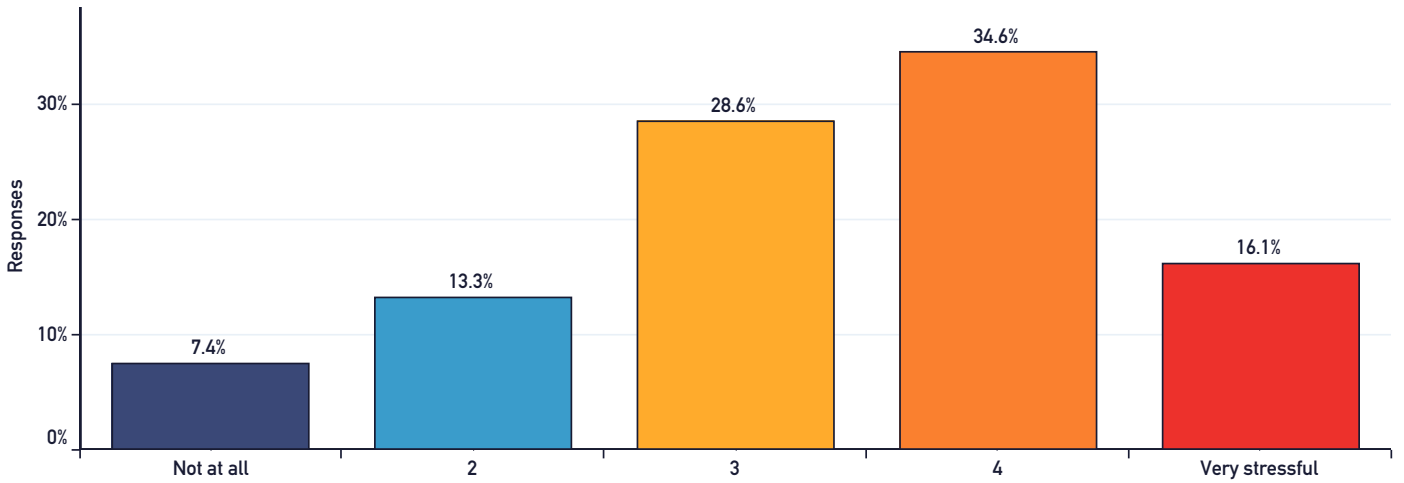


Breakdown of work happiness and pre-COVID mental health rank based on gender.

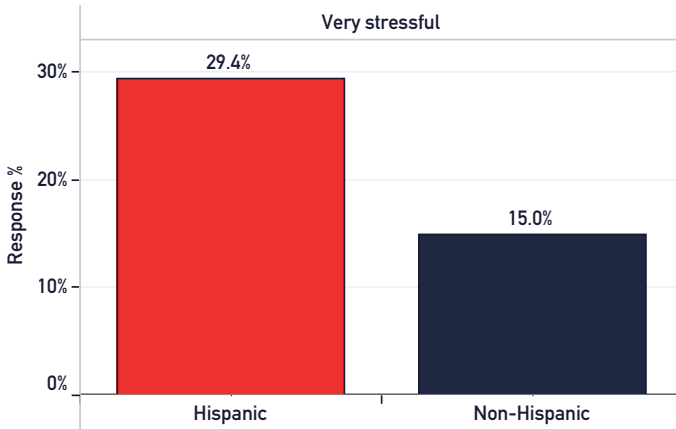


Stress at Work

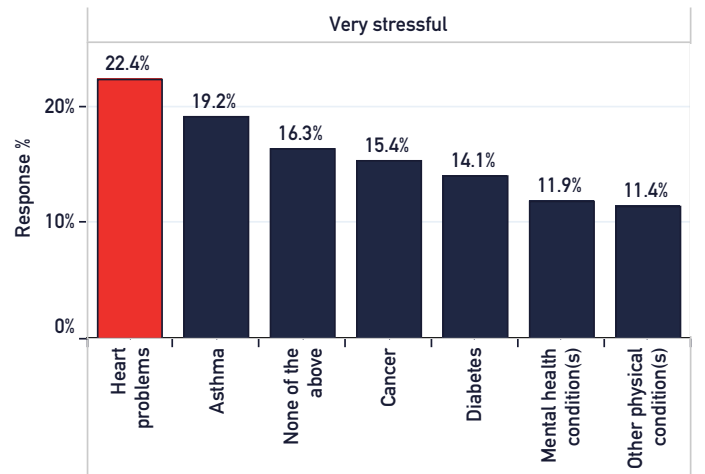
Work Stress Level



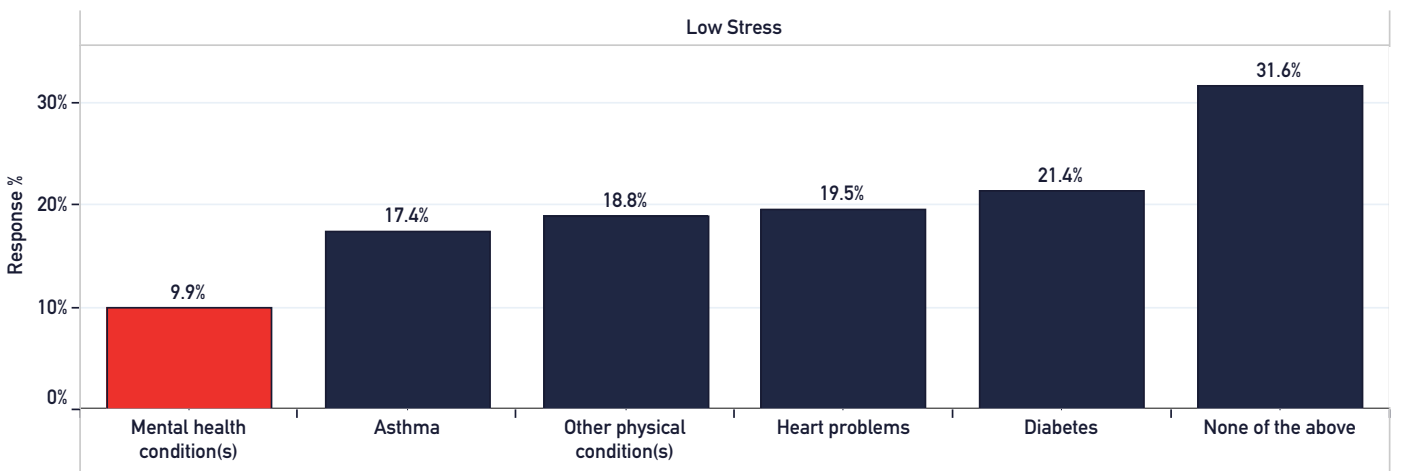
Hispanic residents report having a disproportionately high amount of very stressful jobs



People with Heart Problems have a high percentage of very stressful jobs



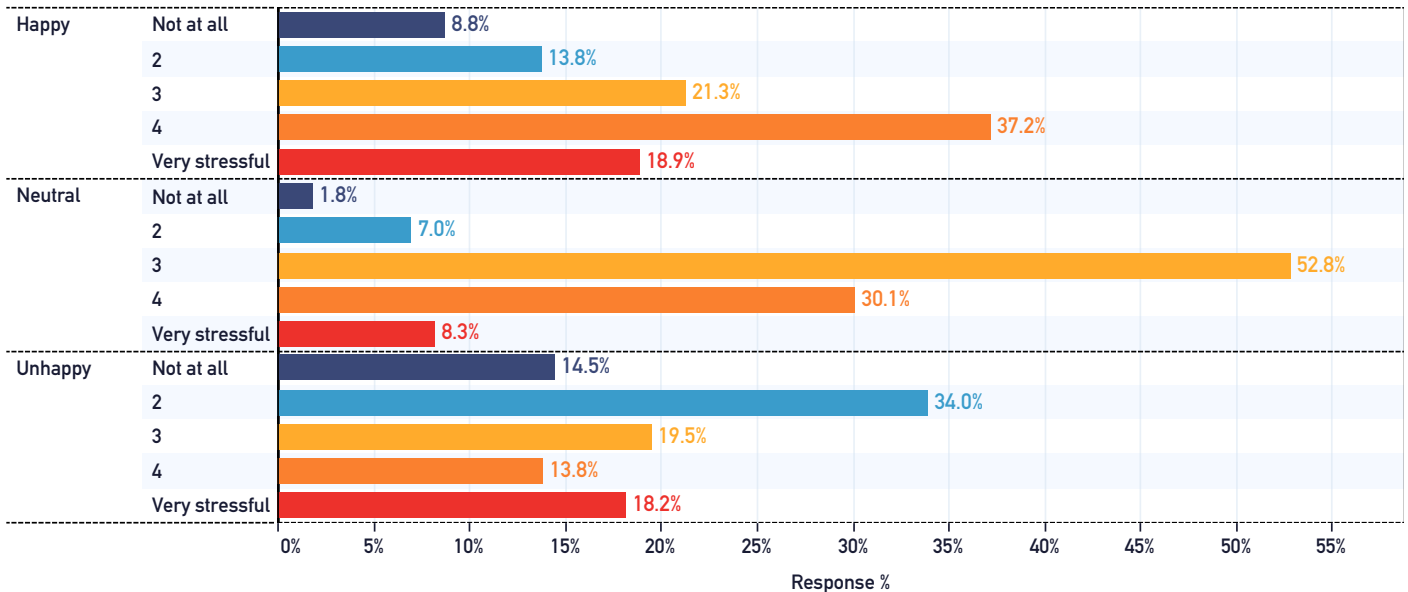
People with mental health conditions have a disproportionate amount of low stress, while those with no reported health conditions report a very high amount of low stress jobs.



Stress and Happiness at Work

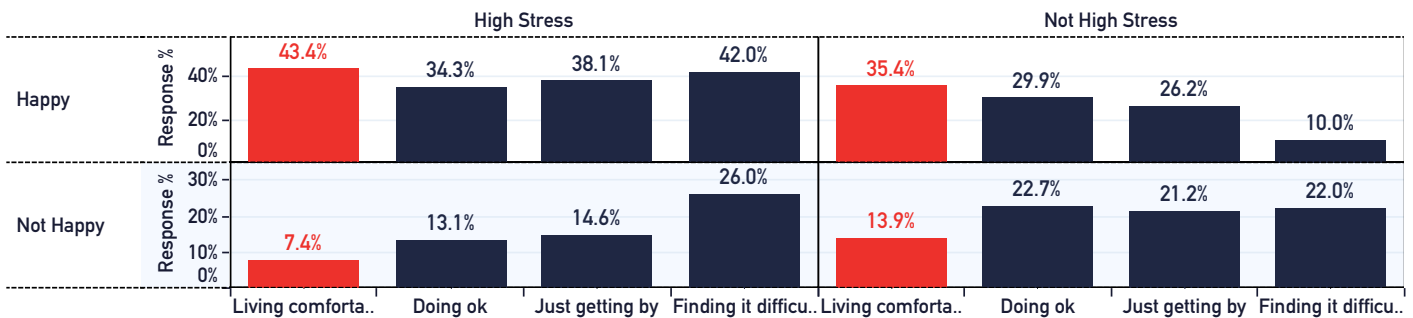
Happiness & Stress at Work

Percentage of responses per work happiness category



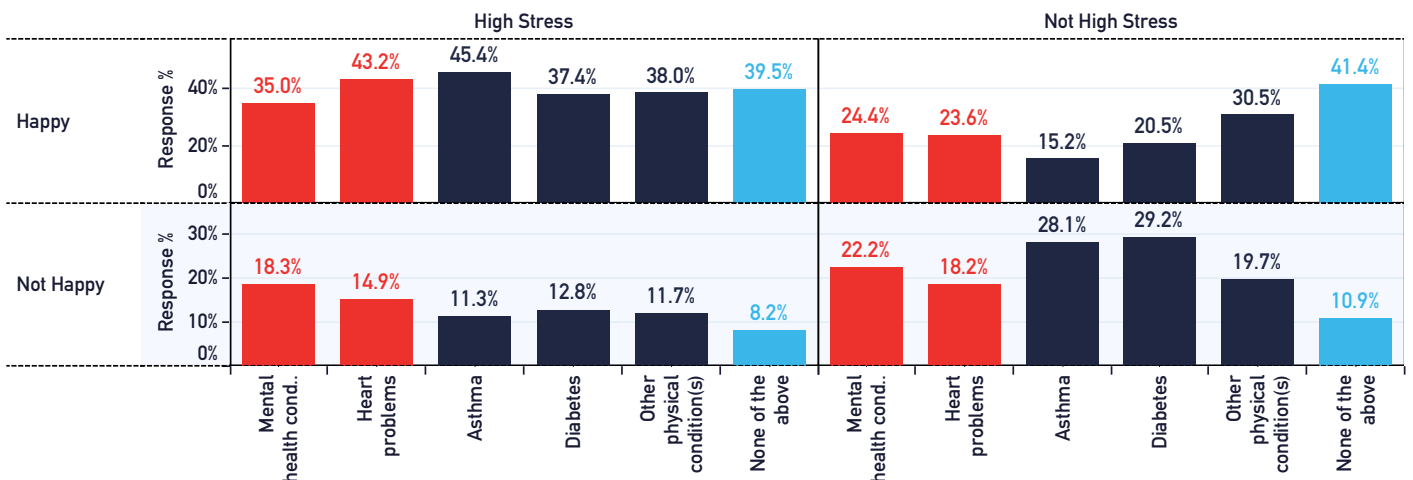
Happiness & Stress at Work

Percentage per financial stability category for both criteria



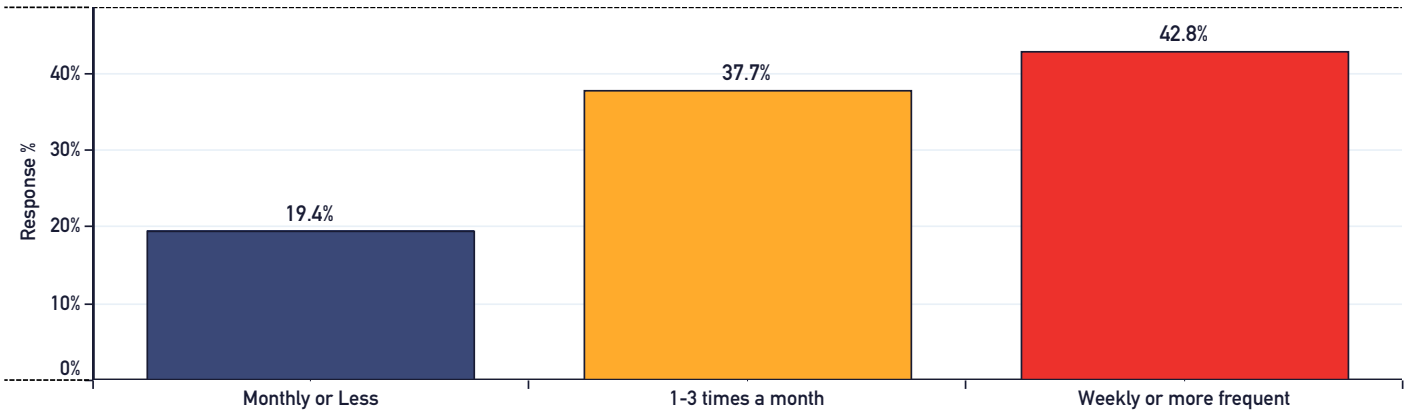
Happiness & Stress at Work

Percentage per health condition for both criteria

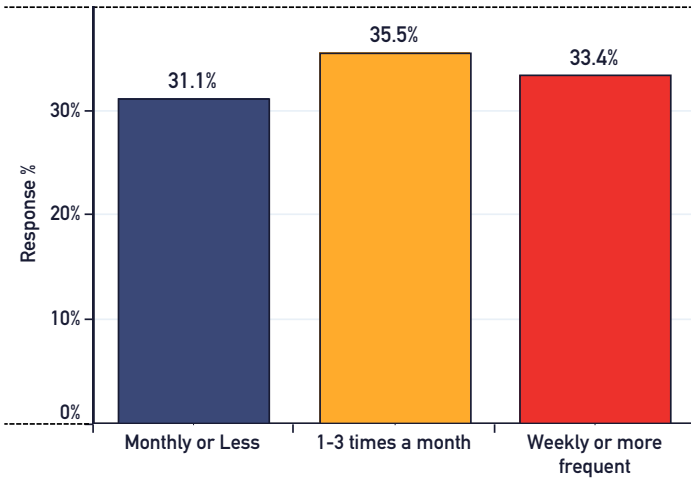


Time Spent Doing...

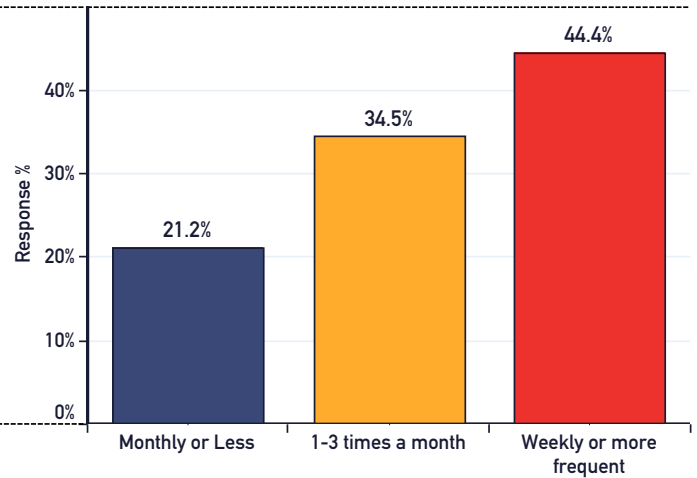
How often do you meet socially with friends, relatives or work colleagues?



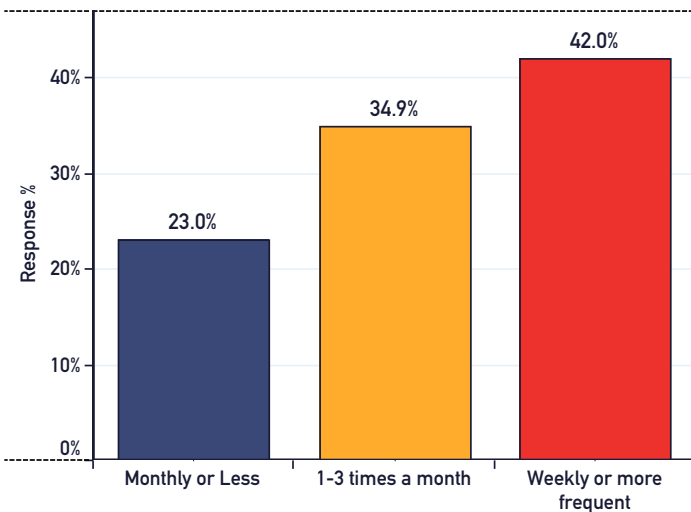
How often do you work for voluntary or charitable organizations?



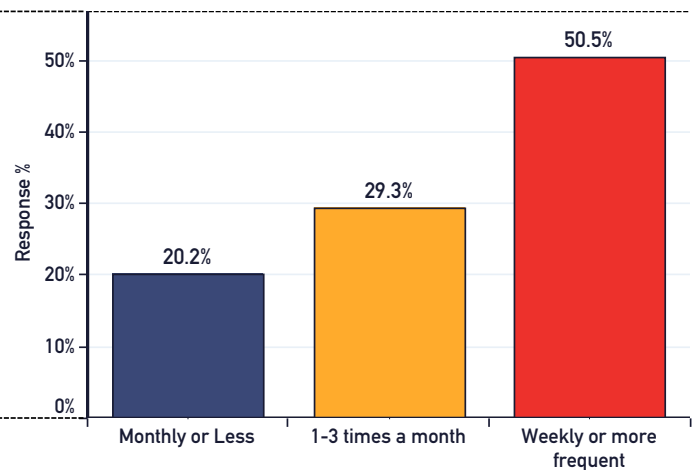
How often do you spend your leisure time outside and away from home?



How often do you spend time in community or public spaces such as libraries or parks?



How often do you do physical activity for at least 20 minutes that makes you sweat or breathe more heavily than usual?

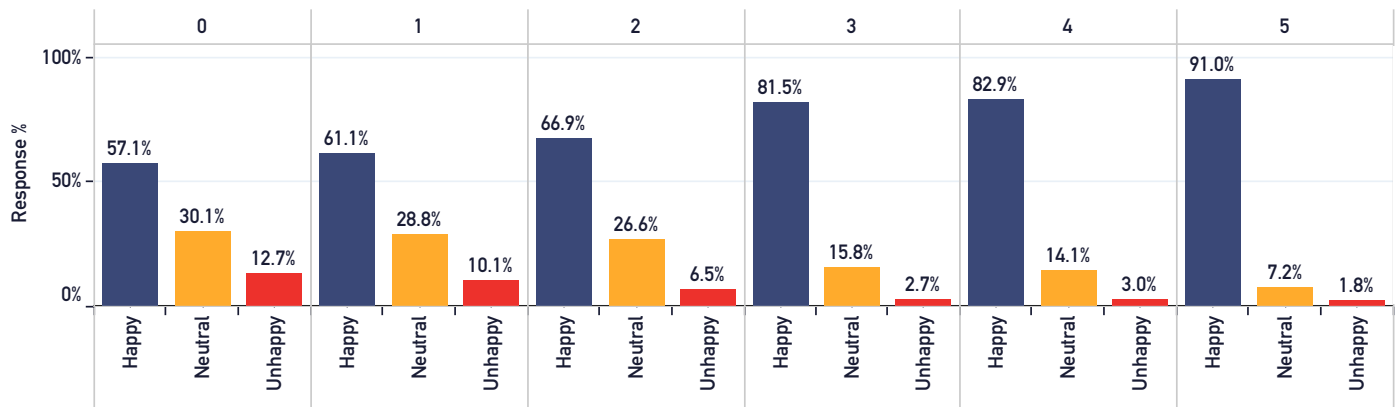


Correlation Between Activity and Other Variables

Activity Score = 1 point per response of 1-2 times a week or more frequent; Max of 5 points

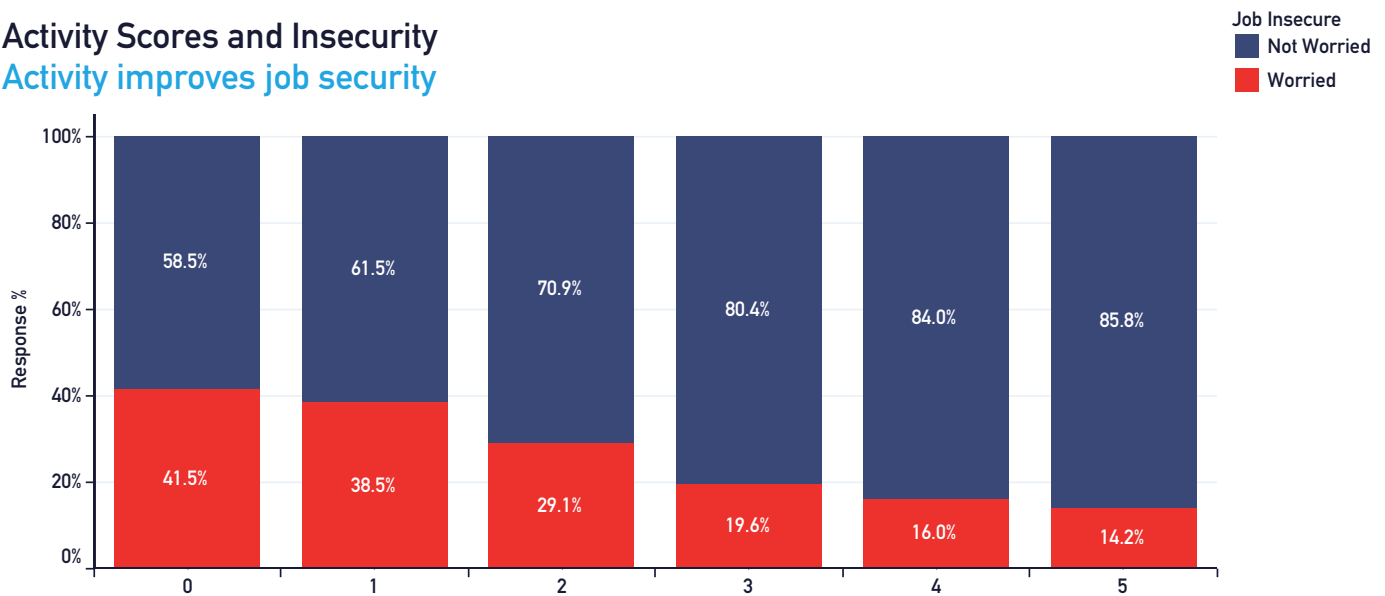
Activity Scores and Job Happiness

Activity improves happiness at work



Activity Scores and Insecurity

Activity improves job security



Activity Scores and Stress

Activity does NOT improve stress

